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ABSTRACT

This brochure presents facts and information about Acquired Immune Deficiency Syndrome (AIDS) for teenagers and young people. A story tracing the sexual activities and exposure to AIDS of a group of teenagers is presented, interspersed with objective information about one's chances of getting the human immunodeficiency virus (HIV), how one contracts AIDS, what HIV is, and how to use a condom. Four steps to a healthier and safer sex life are given and examples of safe and risky sex activities are listed. Three additional steps to a healthier and safer sex life are suggested. Questions are asked of readers throughout the brochure concerning how they would respond to various situations. Telephone numbers are given for further information about AIDS. (NB)

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"It Can't Happen to Me!"

TRUE STORIES ABOUT AIDS

WHEN WE ARE YOUNG AND STRONG AND OUR WHOLE LIVES ARE IN FRONT OF US, IT'S VERY HARD TO IMAGINE BEING OLD, GETTING SICK, OR DYING. IT IS JUST AS HARD TO BELIEVE THAT AIDS CAN HAPPEN TO US.

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Contact your nearest Planned Parenthood center to find out how you can support reproductive health and reproductive rights for women and men here at home and throughout the world.

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Written by Jon Knowles
Designed by Val Paladin/Design Time
Illustrated by Robert Dale

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Real Life

Only a few of us have friends who appear to have AIDS or the human immunodeficiency virus (HIV) that can cause it. That makes it easy for us to believe that no one we know has it. Unfortunately, many young people already have HIV, they just don't know it.

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FACT:

HIV/AIDS is the seventh leading killer of young men and women between 15 and 24. The top six killers are: accidents, homicide, suicide, cancer, birth defects, and heart disease.

FACT:

People who develop AIDS may have been infected with HIV for ten years or more—with no symptoms—before they get ill.

FACT:

More than 20,000 Americans with AIDS are under 30.

FACT:

Right now, thousands of teenagers across the country have HIV and don't know it.

FACT:

More teens than adults get HIV from heterosexual intercourse.

Famous Last Words #7

Next Friday at 3:00, a doctor is going to tell Cheryl that she has AIDS. She had heard all about how to avoid getting AIDS. She just figured it couldn't happen to her. She was 15. She didn't know anybody who had it. And Billy was so-o-o-o-o hot.

They said Billy was into heavy drugs. Maybe it was true. All she knew was that his smile filled every empty place she had in her. If only he would take her seriously, notice her, treat her like a woman—like he treated the others. If only....

Then one day, he smiled at her.

LOOKING FOR SOMETHING TO SAY?
WHEN YOU SAY "NO," THAT'S THE FINAL WORD. WHEN YOU SAY "YES," THERE'S PLENTY MORE TO SAY!
WHAT'S THAT?
YOU KNOW WHAT THAT IS, BABY. IT'S A CONDOM.
WHAT FOR?
TO USE WHEN WE'RE MAKING LOVE.
I DON'T LIKE USING THEM. IT DOESN'T FEEL AS GOOD WHEN I'M WEARING ONE.
IF WE USE ONE, I'LL FEEL MORE RELAXED. AND IF I'M MORE RELAXED, I CAN MAKE IT FEEL BETTER FOR YOU.

Later, when he put his arms around her, she thought the world would be O.K. forever. He didn't say much. He just held her, gazed deep down inside her, and told her she was beautiful. She felt so good when he was near her, she would do anything to keep it that way.

They had sexual intercourse. Only once. He didn't use a condom. She couldn't say she had one with her. Her friend Tanya had given it to her—"just in case."

But Cheryl didn't dare bring it up. What if it turned him off? What if he got angry? What if he walked away? What if he made fun of her? She said nothing. She thought, "Maybe, just this once without protection won't matter." But she was so worried about what might happen, she didn't really enjoy it. But she always heard you didn't enjoy it the first time anyway. She just hoped she wouldn't lose him.

But she did lose him—to drugs. He was even sharing needles with the junkie who got him the stuff. Finally, Billy just ran off. Nobody knew where he went or how he was doing.

That was seven years ago.

HOW ABOUT YOU

- What would you do if someone who really turned you on started putting the moves on you?
- What would you say?
- Would you have sex just to get someone to pay attention to you?

WHAT ARE YOUR CHANCES OF GETTING HIV?

HIV is hard to catch, unless you take risks. It's even safe to hug, kiss, share clothing, sandwiches, swimming pools, showers, or toilets with people with AIDS. Food, drinks, pets, bugs, and the air we breathe are all safe—they don't pass HIV.

HOW COULD YOU GET AIDS?

You get AIDS by letting HIV into your body. Don't take risks.

- Do not have unprotected vaginal, anal, or oral intercourse.
- Do not share needles or syringes.
- Do not get blood, semen, or vaginal secretions into open sores or wounds caused by needle stabs, cuts, bruises, or disease.

Pregnant women who have HIV often pass it to their fetuses during pregnancy.

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After Billy, there was one other time Cheryl thought, "Maybe, just this once, it won't happen to me." That time, she got pregnant. She didn't know she was already infected with HIV. Little Danielle is almost a year old now.

Next Friday, when the doctor tells her she has AIDS, Cheryl won't have time to figure out how she got it. She has other things to worry about now. She has to worry about staying alive. And taking care of her baby. And praying the baby doesn't develop AIDS, too.

WHAT IS HIV?

HIV (the human immunodeficiency virus) can cause AIDS and other serious illnesses.

HIV can destroy your immune system—your body's shield against disease. People with HIV can die of diseases that don't harm people whose immune systems are working well.

HIV isn't spread through air, food, or water—it doesn't live long outside the human body. However, once it gets into the body, HIV can hide there for ten years or more before symptoms develop. That's why:

- Most people who have HIV don't know it.
- Most people who have HIV don't look sick.
- Most people who spread HIV do it before they know they have it.

PRACTICE MAKES PERFECT WHEN IT COMES TO CONDOMS

PUT IT ON RIGHT!

- Put a drop or two of water-based lubricant in the tip of the condom.
- Place the rolled condom over the tip of the hard penis.
- Leave a half-inch space at the tip to collect cum.
- If not circumsized, pull back the foreskin before rolling on the condom.
- Pinch air out of the tip with one hand. (Friction against air bubbles causes most condom breaks.)
- Unroll the condom over the penis with the other hand.
- Roll it all the way down to the hair.
- Smooth out any air bubbles.
- Lubricate the outside of the condom.

TAKE IT OFF RIGHT!

- Pull out before the penis softens.
- Don't spill cum—hold the condom against the base of the penis while pulling out.

If you think you have HIV, you may want to get tested.

Early diagnosis and treatment can help you live a longer and healthier life.

Call your local AIDS service organization, Planned Parenthood center, hospital, or health department for more information.

Famous Last Words #2

Next Friday at four o'clock, Tanya will learn that her friend Cheryl has AIDS. Cheryl will call her as soon as she leaves the doctor's office.

Tanya remembers the time she gave Cheryl a condom to use "just in case." Cheryl said she already knew all about condoms and AIDS. Tanya told her, "It doesn't matter how much you know about it. What matters is what you do about it."

She really hoped Cheryl would take her seriously.

HOW ABOUT YOU

- How would you tell a sexually active friend to insist on using condoms?
- How would you tell someone you already have sex with that you want to start using condoms?

CAN YOU KNOW WHO HAS HIV?
You can't be sure who has HIV. You can't tell by just looking. Even if you ask, most people don't know they have HIV because they have no symptoms. And some people won't tell the truth.

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Tanya knew how important a condom could be.

There was a time when Tanya, like Cheryl, took chances. She thought, "I'm a good kid. It'll be O.K. this time—it can't happen to me." But when she missed her period, Tanya went to a family planning clinic for a pregnancy test. She was 16, and she had no idea what she would do if she were pregnant. When it turned out she wasn't, she was so relieved she cried.

From then on she decided not to take any chances with pregnancy or disease.

Tanya knew how Cheryl felt. She thought Billy was hot, too. But when he made his moves, she was ready. He said he didn't want to use a condom. She figured he was just embarrassed about not knowing how, so she helped him put it on.

She felt hurt when she realized that, for Billy, she was just another one-night stand. Later, when she heard he was fooling around with needles, she was glad she didn't let the guy talk her out of using a condom.

That was eight years ago.

On Friday, Tanya will let Cheryl pour her heart out. She will tell Cheryl that she's her friend no matter what—that she will do whatever she can while Cheryl's ill—that she will make sure that someone looks after the baby the way Cheryl would want.

LOOKING FOR SOMETHING TO SAY?

RUBBERS ARE GROSS.
GETTING AIDS IS WHAT'S TOTALLY GROSS.
DON'T YOU TRUST ME?
TRUST ISN'T THE POINT. PEOPLE CARRY HIV WITHOUT KNOWING IT.
I'LL PULL OUT IN TIME.
LOOK, YOU CAN GET AIDS FROM PRE-CUM.*

* "PRE-CUM" IS WHAT SOME PEOPLE CALL THE SEMEN THAT LEAKS FROM THE PENIS BEFORE ORGASM. PRE-CUM CAN CAUSE PREGNANCY AND CARRY HIV.

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FOUR STEPS TO A HEALTHIER AND SAFER SEX LIFE

1

If you decide to have sexual intercourse:

Be careful who you decide to do it with—and use a condom every time.

- Have sexual intercourse only with a partner who respects you, helps you feel good about yourself, and wants to stay healthy.
- Watch out for phonies with sweet-talking lines.

2

Limit the number of your sex partners—and use a condom every time.

- It is safer to have sex with only one person who is having sex with only you. But just in case that one person is already infected—use a condom every time.
- We often think that the person we are having sex with will be the last and only person we will ever be with. For most of us it doesn't turn out that way—so we have to use a condom every time.

3

If you've had intercourse with more than one person, or if your partner has, protect against infection—and use a condom every time.

- Use latex condoms to protect against AIDS and other sexually transmitted diseases (STDs).
- Use condoms even if you are using another birth control method.
- Increase your protection by using a spermicide with the condom.

4

Before you get really turned on, take a deep breath and talk about how you want to handle it—and use a condom every time.

You can say something like: "I really want to make love with you, but there are some things I have to be sure of first. Will you let me tell you what they are?" Then:

- Talk about your health concerns, and listen to your partner's.
- Find out about your partner's health, drug use, and sexual history, and let your partner know about yours.
- Be direct. Talk about your sexual needs and expectations, and ask about your partner's.
- Be stubborn. Don't let your partner keep quiet about these things.
- Even if you don't talk—use a condom every time.

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SAFEST SEX
(NO SEXUAL INTERCOURSE)

Masturbation
Mutual Masturbation
Touching
Massage
Body Rubbing
Kissing
Deep Kissing or Biting Without Bruising
Oral Sex on a Woman with a Dental Dam or Plastic Wrap*
Oral Sex on a Man With a Condom

(Don't worry about: vaginal secretions or menstrual flow on unbroken skin; urine on unbroken skin; cum on unbroken skin, except near the vulva.)

SAFER SEX

Vaginal Intercourse with a Condom

RISKY SEX

Anal Intercourse with a Condom
Deep Kissing or Biting with Bruising
Oral Sex on a Woman Without a Dental Dam or Plastic Wrap
Oral Sex on a Man Without a Condom

(Try not to get: cum in the mouth or on broken skin; vaginal secretions or menstrual flow in the mouth or on broken skin.)

RISKIEST SEX

Vaginal Intercourse Without a Condom
Anal Intercourse Without a Condom

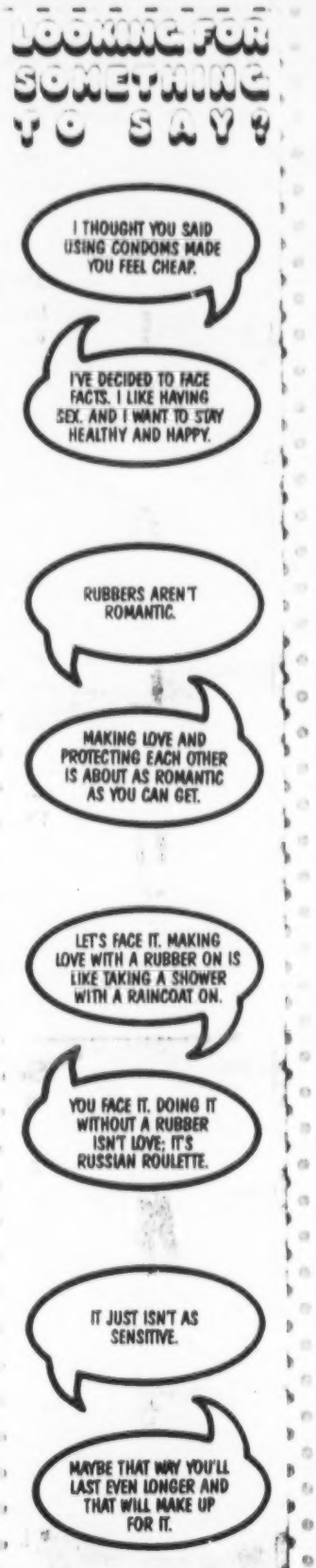
SOME OF THE DRUGS THAT ENCOURAGE PEOPLE TO TAKE RISKS WITH SEX

Alcohol
Speed
Poppers
Cocaine
Crack
Ecstasy
Marijuana

SOME OF THE FEELINGS THAT ENCOURAGE PEOPLE TO TAKE RISKS WITH SEX

Desire to be Swept Away
Fear of Losing a Partner
Insecurity
Shame
Embarrassment
Low Self-Esteem
Need to be Loved
Anger

**Plastic wrap should not be used in place of condoms—it doesn't work.*


LOOKING FOR SOMETHING TO SAY?
I THOUGHT YOU SAID USING CONDOMS MADE YOU FEEL CHEAP.
I'VE DECIDED TO FACE FACTS. I LIKE HAVING SEX. AND I WANT TO STAY HEALTHY AND HAPPY.
RUBBERS AREN'T ROMANTIC.
MAKING LOVE AND PROTECTING EACH OTHER IS ABOUT AS ROMANTIC AS YOU CAN GET.
LET'S FACE IT. MAKING LOVE WITH A RUBBER ON IS LIKE TAKING A SHOWER WITH A RAINCOAT ON.
YOU FACE IT. DOING IT WITHOUT A RUBBER ISN'T LOVE; IT'S RUSSIAN ROULETTE.
IT JUST ISN'T AS SENSITIVE.
MAYBE THAT WAY YOU'LL LAST EVEN LONGER AND THAT WILL MAKE UP FOR IT.

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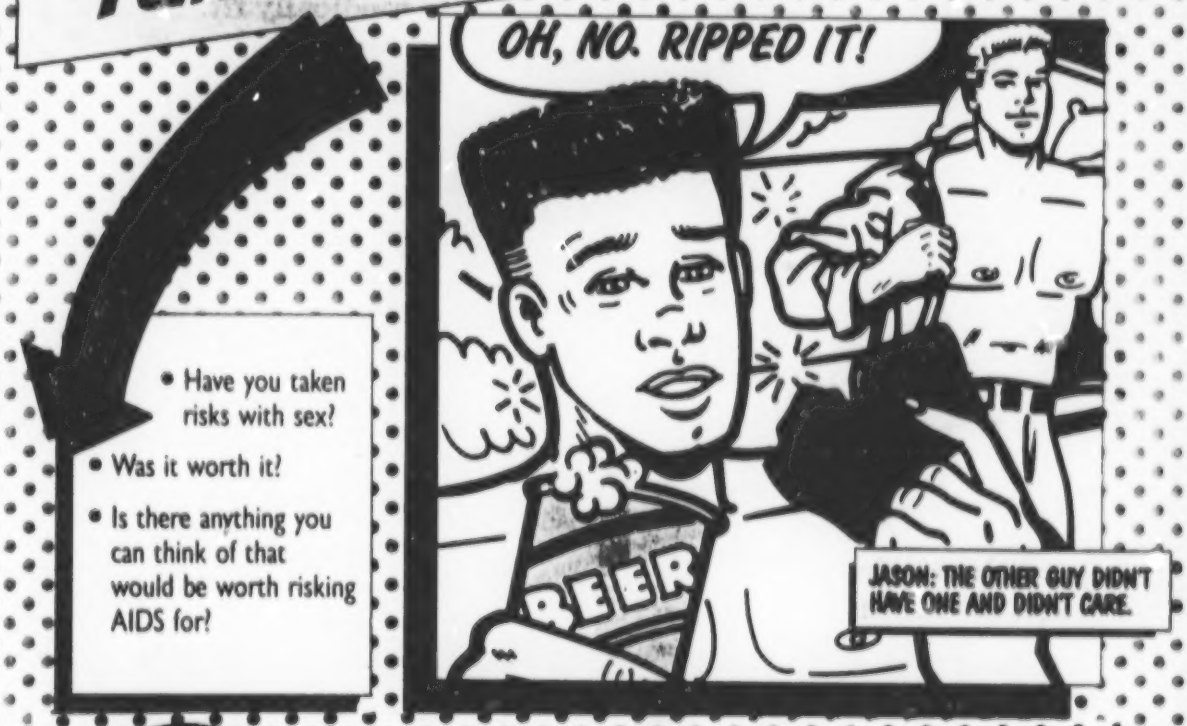
Famous Last Words #3



- Have you taken risks with sex?
- Was it worth it?
- Is there anything you can think of that would be worth risking AIDS for?

On Thursday morning at 11:00, Jason's doctor will tell him he has AIDS. He won't be surprised. He's been ill with an HIV infection for over a year and he's been getting sicker and sicker.

When he was 16, Jason was real good about practicing safer sex—most of the time. But one night he got so drunk that he ripped the condom taking it out of the package. He only had one. The other guy didn't have one and didn't care. Jason was so sexually excited he figured, "Just one more time won't matter." But it did.

That was five years ago. Jason never knew the guy's name. And he doesn't know that the guy died of AIDS three years ago. Now Jason is 21 and very sick. His lover's very sick, too.

Jason and Billy got a place together almost a year ago.

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After years of fooling around with any woman who would let him, Billy was surprised he could care about a guy. But he did.

When they met, Jason was real up-front about his HIV infection. They only had safer sex. But it was too late for both of them. Billy was already infected from sharing needles in high school.

Billy will never know he gave Cheryl AIDS seven years ago. It's just as well. Billy has enough trouble. He's grown up a lot and it would break his heart to know the sad part he played in so many other lives.

THREE MORE STEPS TO A HEALTHIER AND SAFER SEX LIFE

1

Keep medically fit.

- Have an annual physical exam and a checkup for STDs at least once a year. Be sure your partner does, too. Women should have an annual breast and pelvic exam, including a Pap test, and should not douche before a pelvic exam. Men should have regular check-ups for cancer of the testicles.
- Protect your immune system—eat well, get enough rest, and limit your use of alcohol, tobacco, and other mood-altering drugs.
- Do not pop, mainline, or shoot up drugs or steroids.

2

If you think you've been exposed to any STD, be responsible.

- Go to your doctor, clinic, or health department for testing and treatment.
- Urge your partner(s) to be treated at the same time.
- Use all the medication that is prescribed—even if symptoms disappear, you may still be infected.
- Do not take anyone else's medicine and do not share yours.
- Do not have sex until you and your partner(s) have been tested and told you are cured.

3

Stay in charge—and use a condom every time.

Good judgment, self-respect, and self-control are the basis of safer, healthier sex. Don't let alcohol or drugs jeopardize them.

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Famous Last Words #1

HOW ABOUT YOU

- What are some of the things you would do for a friend with AIDS?
- Is there anything you can do to help your friends protect themselves against AIDS?

Next Friday at 5:00, Tanya will call Raoul and tell him that their friend Cheryl has AIDS. She will pick him up after work and take him over to Cheryl's. She knows he'll want to be there for Cheryl and the baby.

At 15, Raoul hated the way the other guys made fun of him for being uncool. But he had plans. They could choose for themselves how to live. He would choose for himself. When it comes to AIDS, we all have to protect ourselves. But, his friends didn't make it easy.

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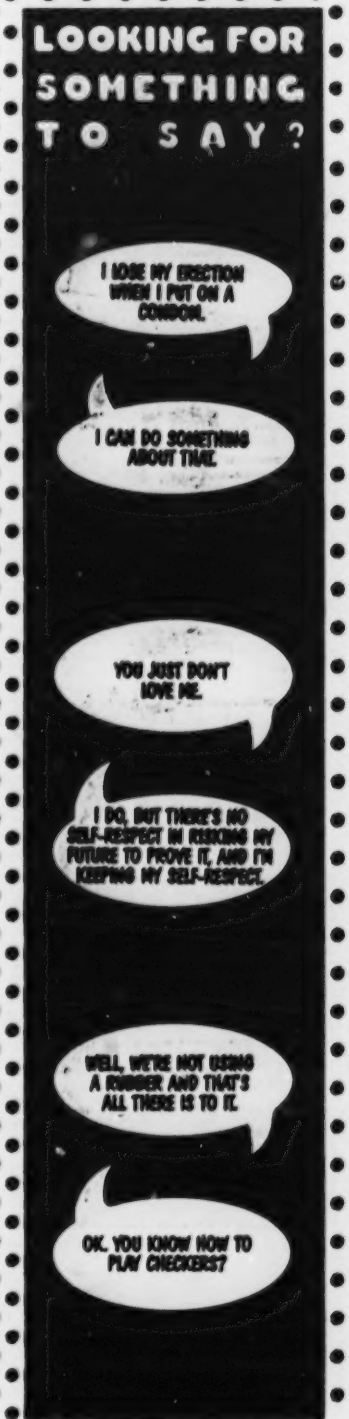
Once, Billy found a box of condoms in Raoul's car. For years, the guys called Raoul "rubber man." They put him on about how "real men didn't use rubbers," and said, "Only gay guys get AIDS." He said they didn't know what they were talking about. They laughed at him. He was glad they never knew he had decided not to have intercourse yet. The condoms were for if and when he changed his mind.

Raoul did have sex, though. He called it "outercourse." There were several women before Tanya, even one guy. He really enjoyed having sex with them. They found ways to reach orgasm without intercourse.

The years went by faster than anyone could have believed.

Now Cheryl had AIDS. Someone said Billy was very sick. A couple of other kids they went to school with had it too.

Raoul cries on the way to Cheryl's. He's so sad for Cheryl and her baby. He's so glad he and Tanya made the right choices and protected themselves from AIDS.


LOOKING FOR SOMETHING TO SAY?
I LOSE MY ERECTION WHEN I PUT ON A CONDOM.
I CAN DO SOMETHING ABOUT THAT.
YOU JUST DON'T LOVE ME.
I DO, BUT THERE'S NO SELF-RESPECT IN RISKING MY FUTURE TO PROVE IT, AND I'M KEEPING MY SELF-RESPECT.
WELL, WE'RE NOT USING A RUBBER AND THAT'S ALL THERE IS TO IT.
OK. YOU KNOW HOW TO PLAY CHECKERS?

FIRST THE GOOD NEWS: More than half of teen men who are sexually active used a condom the last time they had sex.

NOW, THE BAD NEWS: Every day, thousands of teenagers take their chances with AIDS. They have risky sex or share needles—or both.

MORE BAD NEWS: There's no cure and no vaccine for HIV or AIDS.

NOW THAT YOU KNOW THE SCORE, WHAT CHANCES WILL YOU TAKE?

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HOW ABOUT YOU

For additional information about AIDS: Call the toll-free AIDS hot line: 1-800-342-AIDS.

Or call the Teen AIDS Information Hotline: 1-800-234-TEEN.

For medical referrals and information about sex, sexuality, sexually transmitted disease, and birth control:

Call your local Planned Parenthood center.

- If you think you have good answers to the questions in this brochure, write them down and send them to:

Jon Knowles
Communications Division
Planned Parenthood Federation of America, Inc.
810 Seventh Ave.
New York, New York 10019

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TITLE	ITEM NUMBER
AIDS and HIV: Questions and Answers	1688
Sexually Transmitted Disease: The Facts	1606
Sex & Disease: What You Need to Know	1731
Teensex! It's OK to Say No Way! (For teens)	1592
Teensex! Esta bien decir "de ningun modo."	1631
The Condom: What It Is, What It Is For, How to Use It	1550
A Man's Guide to Sexuality	1608
Facts About Birth Control	1800
Over-the-Counter Birth Control for Women	1728

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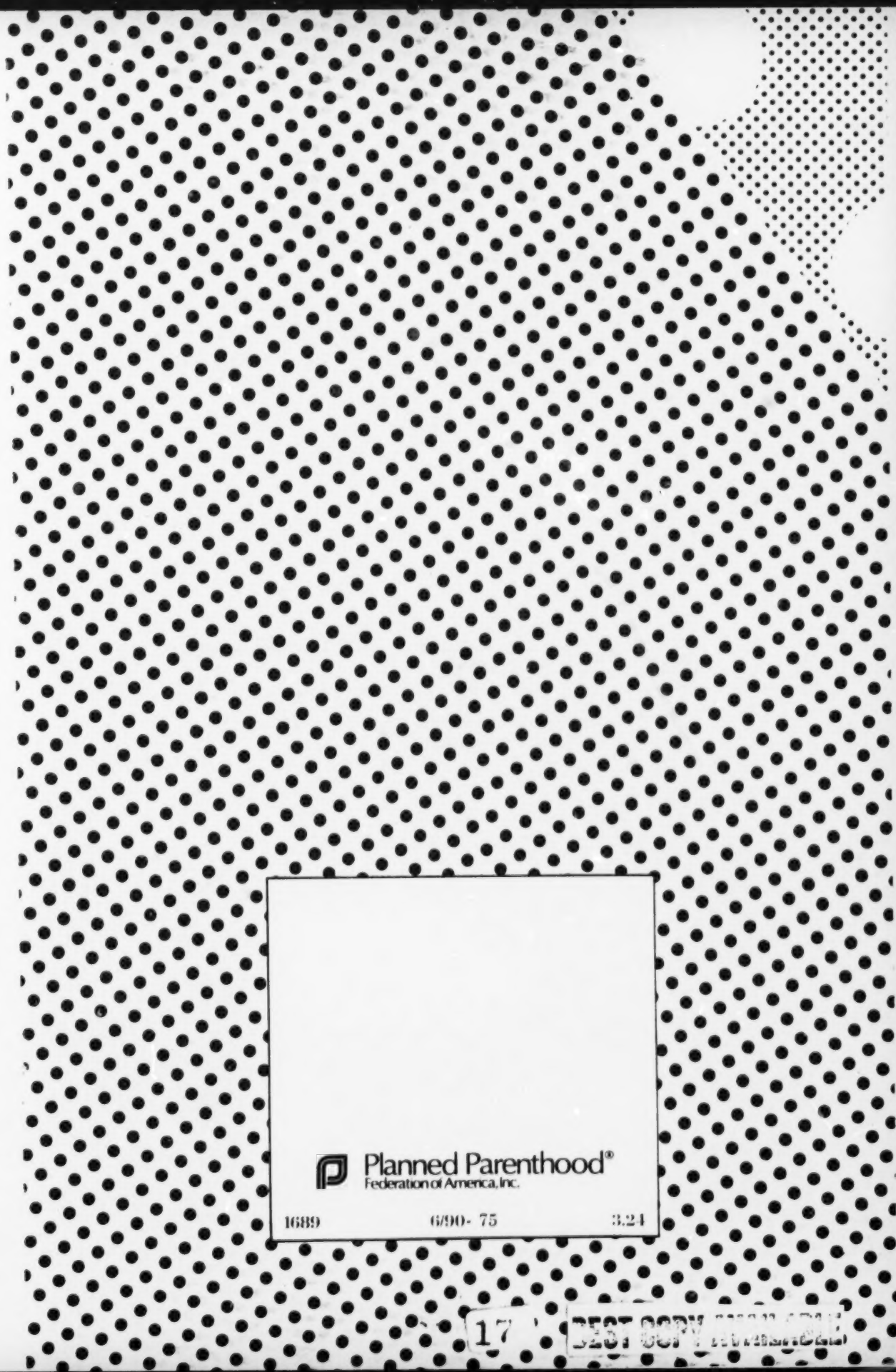
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